

## **ABSTRACT**

An easily-assembled bicycle for use by bed-ridden persons is provided. In an embodiment, the present invention is capable of being used in conjunction with both adjustable and non-adjustable beds or other person support. The present invention  
5 allows for hand or leg exercises or simultaneous hand and leg exercising (pedaling). In an embodiment, the bicycle includes an anchoring base unit, a top-side unit, a foot-pedal unit and a hand-pedal unit. Use of the present invention allows bed-ridden persons to exercise without depending on health-care workers and helps avoid the serious negative health consequences associated with lack of physical exercise (e.g.,  
10 loss of muscle strength, calcium depletion, pulmonary embolism and bed sores).

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